Bon Stallcross' Sugar glazed Walnuts.

Beat 1 egg white + 1 tbs. water until frothy

Mix in small bowl. 1 c. sugar 1 tsp cinnamon
1 tsp salt

Mix 1 c. nuts (pecans or walnuts) with egg whites,
Stir in sugar mixture

Put on large cookie sheet + bake 300° for
40-45 minutes. Stir every 15 mins
Cool + store.

Sugar-glazed Nuts — 300° oven

Beat — 1 egg white
1 Tbs water
} until frothy

Mix in small bowl
1 c. sugar
1 tsp salt
1 tsp cinnamon

Dip 1 cup nuts (pecans or walnuts) with egg white, stir in sugar mixture

Put on large cookie sheet
bake 300° oven for 40-45 mins. Stir every 15 mins. Cool & Store